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# Well, Shut My Mouth!: The Sweet Potatoes Restaurant Cookbook



## Synopsis

Well, Shut My Mouth! The Sweet Potatoes Restaurant Cookbook is recipes - recipes from the restaurant, recipes from the families of chef Stephanie Tyson and co-owner Vivian Joiner, recipes that are Southern, plain and simple. In creating the recipes for Sweet Potatoes, Tyson used all of her influences-Geechee flavor from Joiner's father, who was from the Hilton Head area of South Carolina; her mother's working-woman "out of the can and into the pan" shortcuts; and her training in culinary arts at Baltimore International College and her later work in South Carolina, the Florida Keys, Arizona, and Maryland. Just the names of the recipes in this book are enough to whet one's appetite: Pimento Cheese Fondue; Sweet Potato, Corn, and Country Ham Risotto; Gullah Shrimp and Crab Pilau; Slow Cooker Chocolate Stout Pot Roast; Down-Home 'Tata Salad; Molasses Dijon Dressing; Sweet Potato Bread Pudding with Pecan Crunch Topping; and many others. Most recipes include a bit of flavorful commentary from the chef, such as this tip for Spicy Greens: "If you are faint of heart (burn), eliminate the red pepper altogether." Or the brief definition that introduces Crackling Cornbread: "cracklings are deep-fried crispy skins of various animals - in this case, pork." Well Shut My Mouth! is also the history of the two women who started a locally and nationally acclaimed restaurant (Our State, Southern Living, New York Times). As Tyson says in her introduction, "Every part of me is a part of Sweet Potatoes." In Well Shut My Mouth! she shares a culinary experience that has been a favorite of Winston-Salem natives and visitors for years. Now, patrons have the tools to re-create the Sweet Potatoes dining experience in their own homes.

## Book Information

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## Customer Reviews

I am a regular diner at this restaurant and i love it! The recipes herewith will send you back in "thyme" but the honesty with which they tell their story will win you over-especially if you are familiar with the ways of this little town we call home. These ladies set an example in their hiring and business practices and truly walk in truth for advancing social justice in this region. If you believe everyone deserves a second chance, then buy this in support of equality and unity if for no other reason. But if you love to cook or want to learn, buy it for the recipes! Simmer up a couple of these dishes and smell and taste for yourself! The chocolate stout roast will utterly blow you away!

Oh, my word! I have had the pleasure of dining at the Sweet Potatoes Restaurant (and The Cotton Mill) and have never been disappointed. That being said, 'Well, Shut My Mouth!' exceeded my expectations. Many, many of the menu headliners are included in this recipe book, along with Stephanie and Vivian's pilgrimage together. The reader will, I bet, read this book from cover to cover prior to deciding what recipe to try first. A sumptuous slice of the South with Stephanie's flair - put aside one or two copies for gifts.

I love love LOVE this cookbook! I cook from a collection that ranges from the Barefoot Contessa to vegan cooking genius Isa Chandra Moskowitz, and Well Shut My Mouth is quickly making its way to the top of my list! If the pimento cheese and fried chicken recipes are any indication of things to come, this book is going to be grease-splattered and dog eared in no time at all. And it's so well written! Full of touching personal stories, you really feel like you know these women, and the women that came before them, when cooking these recipes. Every southern cook should have this on her (or his!) shelf.

I am a happy patron of Sweet Potatoes Restaurant and purchased WELL, SHUT MY MOUTH to learn more about one of my favorite places and two of my favorite people. It is a love-infused contribution. Thank you for showing how to survive gracefully while helping others. Now the hard part, introducing my wife to our kitchen so I can have a creation of Stephanie's and your Grandmother's without whipping out my credit card.

After going to the restaurant several times (I live in FL and the restaurant is in NC) and the food was so magnificent that I had to get the cook book. Besides having wonderful recipes, the photos and 'behind the scenes stories are interesting. Take a look at my reviews: [...]

I had been to the restaurant on a visit to NC and it is wonderful, so I had to try the cookbook. I absolutely love it. I can't wait to try some recipes but I'm also really enjoying the back stories.

Great cook book with a great story line!! I live in Winston Salem and have the pleasure of eating at their self constructed restaurant often...it is an amazing atmosphere with even more amazing food!! I would recommend any time you are close to the Winston Salem area to drop by and have ANYTHING on the menu...you can't go wrong!!

Our family frequently dines at the author's restaurant in Winston-Salem, and as soon as this book was released, we knew we had to buy a copy! We absolutely love the recipes contained inside! I highly recommend!

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